

# **ABSTRACT**

An article of footwear having an upper, an outsole defining a ground engaging surface, and a sole disposed between the upper and the outsole. The sole includes an energy return system having a first rigid plate, a second rigid plate spaced a predetermined distance from the first rigid plate, and at least one separating element disposed therebetween to maintain the spacing between the plates.

1. A sole assembly for a shoe, comprising:  
a first rigid plate;  
a second rigid plate spaced a predetermined distance from the first rigid plate;  
at least one separating element disposed therebetween to maintain the spacing between the plates.